

# Anger Healed from Within Outwards



The Blavatsky Lecture 2022  
by Teresa Keast



***The Blavatsky Lecture***



# **Anger Healed from Within Outwards**

***Teresa Keast***

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*"Theosophy is who Theosophy does, not thinks, not studies, not feels, but does. The Universe is worked and guided from within outwards"*

**HP Blavatsky**

**An Esoteric, psychological and practical exploration of our role in healing a world full of conflict by healing our own Anger.**

My aim in writing this talk is to bring the wonderful teachings of Madame Blavatsky alive in a context of our modern-day world and what better topic to tackle than Anger and its association with conflict in our human experience.

How we live our life and especially how we interact with others is a direct expression of our Soul contact, our spiritual development and our understanding and application of Theosophical and Ancient wisdom teachings.

If we want to change the world and reduce the conflict we see and experience in the world, we need to begin by changing our inner world, the world of our mind. We can search the globe looking for and working toward lasting peace but we won't find it until we come to realise that peace comes from within and radiates out into the manifest world as an expression of love.

Inner peace creates outer peace, as the ancient Hermetic axiom teaches us,  
*'As above so below'.*

This is how the Universe is worked and guided from within outwards and we learn what it means to practically live our Theosophical understanding.

*"The mind is the slayer of the real, let the disciples slay the slayer"*

***The Voice of the Silence, HP Blavatsky***

Anger lies at the root of all human conflict from that experienced within our own mind, to relationship and family disharmony to global wars. It is a powerful fire energy often called the passion of fools. Socrates defined it as the raging and seething of the soul. Aristotle called it the boiling of the blood around the heart.

Plato suggested that pain, fear and anger are given to man as a necessity,

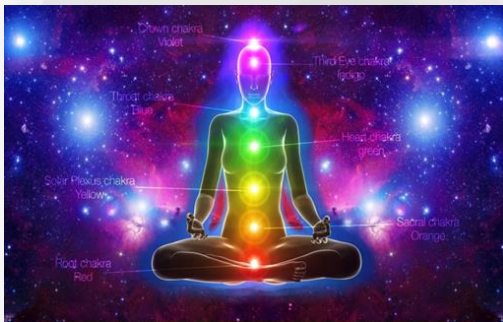
*"if they conquered these they would live righteously, and if they were conquered by them, unrighteously"*

Blavatsky summed it up beautifully when she said,

*"Let a man overcome anger by love, evil by good,  
greediness by liberality, lie by truth"*

**HP Blavatsky**

Our human kingdom is governed by the fourth Ray of Harmony through Conflict and so when we learn to master anger and resolve conflict we are able to return to a state of harmony on ever higher levels of the spiral. This is one of the principle lessons to be gleamed both individually and collectively from our experience in matter in this 'School for Souls' we call our planet Earth.



Ultimately all anger is energy that is emotionally generated but needs lifting from our solar plexus chakra of attachment to our particular perspective, to the heart where we can open to a change in our perspective and view a situation with compassion, acceptance, eventually forgiveness and return to

an open-hearted state of unconditional love. We shift from a personality perspective to soul understanding. In truth anger is part of the human condition to teach us about Love.

In this talk I will endeavour to explain how by consciously recognising and transmuting anger to love rather than denying it and suppressing it, we can apply our understanding of theosophical principles and this practice will lead to the redemption of that within us that needs insight, healing and transforming thus healing, transforming and reducing the conflict in our world.



When we have the courage to face that which triggers our anger 'head on' the resultant expansion of our Self-awareness individually contributes to the evolution of consciousness of humanity collectively through our universal connection. Every single time you change the way you respond to anger you help to heal the conflict in the world. When enough of us learn to do this we will experience peace, harmony, and right relations as a human family. It begins with each of us lifting our vibrational energy to master anger and the benefits of this shift within us radiates outwards to affect every living being we come into contact with. Like endless ripples in a pond as we vibrate in rhythmic union with our Soul so we touch the Soul in others.

Anger is always a sign that something deep in our unconscious mind has been triggered and needs healing through further insight. When viewed as **valuable information** we can actively engage with our response and the response of others with Self-awareness, gaining insight that enables us to let go of our attachments and ultimately heal our anger response. We learn to interact with the world as a Soul, rather than from our ego centred personality and through this process of transmuting anger eventually nothing in the world will evoke our anger, only our compassion, understanding and love. We realise that nothing is worth sacrificing our inner Peace and connection to Love. This frees our energy to enable us to give even greater service to mankind. We shine the light of consciousness on that which is unredeemed within us until we can live as a soul-infused personality in service to others.

*"A man who has not passed through the inferno of his passions  
has never overcome them"*

**Carl Jung**

In our society we are often taught that anger is wrong, shameful, or 'not spiritual' because of its potential destructive nature. We are not taught how to manage its fire energy and so we learn to deny it, damp it down and suppress it. If we experienced the negative consequences of anger as a child we come to fear its expression and even fear the potential intensity of our own anger and the harm it may do. Sometimes we don't even realise we are angry until it overwhelms us as its root can be in other emotions such as sadness and grief.



Anger expressed unconsciously is harmful and this is especially so when the individual is polarised in their personality vehicle, their astral desire nature and the chakras below the diaphragm and there is little Self-control or Self-awareness. Its energy has the power to induce violence, destroy our health, peace of mind and our relations with those we care the most

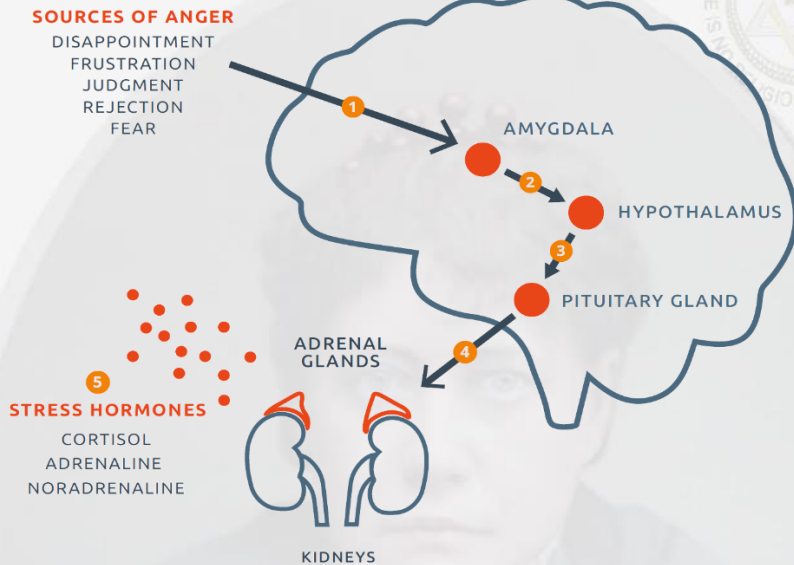
about. It is one of the many manifestations of fear that we need to redeem.

Fear can express itself as rejection, insecurity, disappointment, overwhelm, sadness, grief, shame, jealousy, doubt, worry, anxiety, and anger. For many people anger is the default expression as they would rather feel angry than feel shame or sadness for example.

However whenever angry energy arises it has to go somewhere and we often don't realise that if this energy is not expressed then it gets trapped in the subtle energy system of the etheric body, usually around the solar plexus Manipura chakra. In time this energy builds till it causes a blockage in the natural flow of subtle energy in the body and creates physical dis-ease, in the liver, stomach, pancreas, gut or gall-bladder, negatively affecting the liver and gall bladder meridians. It affects metabolism and energy production, weight-gain round the centre of the body, and contributes to diseases like diabetes, high blood pressure and heart disease. Emotionally over time this leads to depression as the congested energy blocks the will energy that naturally emanates from the Manipura chakra. Esoterically depression can be viewed as a build-up of unexpressed anger and a need to resolve the issues that stand behind this anger.

To gain a better understanding of how to safely and constructively express this angry energy and use its power for personality integration and soul growth we need to know why we react like we do when we experience anger.





When life triggers our fear response this activates the amygdala centre and the limbic or emotional centre in our brain. These are both part of the original animal, survival part of our nervous system. Amygdala activation stimulates our sympathetic nervous system and subsequently the flight, fight or freeze stress response that activates our body to act as needed to ensure our survival. Our heart rate and blood pressure increase and blood is pumped to our muscles ready for action. Emotionally we react with responses that reside in our unconscious mind that were programmed early in life when we were learning how to survive in our home situation. None of this is conscious.

If however we wait 10 seconds the information we have perceived from the fear situation will move from the amygdala to reach our frontal cortex, the intelligent, conscious, reasoning part of our brain found above the eyes behind our forehead. This is the more advanced Self-aware aspect of our nervous system where we can process the information and determine a conscious less reactive response. Through awareness of this process we can break the habit of allowing our amygdala to hijack our brain and take back control of our behaviour with a proactive conscious response.

For example, choosing to count to ten and breathe slowly and deeply you allow yourself to calm your mind and body while giving yourself time to consider the situation before you respond. You consciously activate your Vagus nerve which calms your nervous system and avoids the stress response in your body and subsequent production of adrenaline, noradrenaline and cortisol that interfere with the higher functioning centres of your brain and therefore restrict its capacity to act as a receiving centre for your Higher Self.

We recognise that by breathing deeply and slowly we can create space between our raging and racing thoughts and by focusing on the breath till our peace and equilibrium are restored we can detach from these thoughts and simply observe them. This is what we train our mind to do when we regularly practice meditation. By simply detaching from the thoughts and recognising you have viewed this situation through the lens of your own perception and may not be seeing the whole truth you activate your capacity for discrimination and open to the insights that will arise from your Higher Self.



With practice this enables flashes of understanding and insight to completely reframe the situation and change our perspective. We may realise our part in contributing to the conflict, we may recognise that the other person is doing their best or there has been a misunderstanding or miscommunication. This enables us to

see the situation as a wise Soul and take appropriate action.

We learn not to take another's words or actions personally, not to make assumptions about their motives or the situation and to be impeccable with our word in response. We seek to understand rather than impose our idea of what is right.

Sometimes the valuable information we glean is that another's behaviour or words are out of alignment with our values, their actions encourage us to clarify these deeply held values and determine whether they are still true for us.

This examination is part of the integration of our personality so that all aspects of our being are congruent. This reflective process we undergo is guided by our Soul. We may decide to say something constructive if we have our emotions under control or we may simply decide that we need to walk away as we recognise that we are no longer in alignment with their values, ideas, ideals and beliefs. We develop a capacity to simply 'let it go', to preserve our own inner calm and alignment, recognising that the person involved is a personality not yet in touch with their own Soul's guidance or they are working through their own misperceptions or simply wanting to offload their own negative energy.

Once we have released our own angry energy we can try to present a different view point but ultimately we are not responsible for the behaviour of another, we are only responsible for our own behaviour, our response to them. We cannot change another person but our calm response may invoke Self-reflection for them. We know the heated energy of anger will seldom invite this self-reflection, positive change or a realignment of deeply held beliefs and ideals. It tends to destroy not build or foster greater cohesion, co-operation and strong relationships based on common purpose and values.

We can consciously choose to take some time out and take responsibility for our own angry energy and release it constructively and safely through exercise, talking to a trusted friend, punching a pillow or writing with stream of consciousness expression in a spiritual diary till we reach greater understanding.



As we move into the Age of Aquarius and the need for greater group work and group consciousness it is ever more important that we comprehend and practice mastery of our spiritual understanding of anger and conflict.

By lifting into our heart's understanding, forgiveness and compassion we tap into the all present energy of the second ray of Love Wisdom which serves to align us with good will or god's will and its expression of love toward our fellow man.

I teach a very effective yoga posture Makarasana, the Crocodile, which enables the gentle release of the powerful energies of anger and naturally opens greater awareness and understanding through stimulating the Ajna chakra. In my experience this posture is so effective at transmuting strong emotions and trauma that I have written an ebook about it titled 'The Magic of Makarasana, the Yoga posture that will Transform your Life' \*

*"Before the soul can see, the Harmony within must be attained, and fleshly eyes be rendered blind to an illusion"*

**The Voice of the Silence, HP Blavatsky**

Once we have released the energies and opened to a new understanding of what is out of alignment, what valuable information our anger has raised, we can return to the situation and discuss it if needed, decide on any actions that are required, fostering greater understanding whilst building trust and respect in our relations with others and with our Self. Imagine if this was the process we used to resolve major conflicts and wars on our planet.

This conscious management and mastery of anger requires a measure of Soul contact and taking responsibility for our own behaviour with a realisation of the effect we have on others.

It reflects a willingness to move from our astral emotional desire nature to be 'right' and win a conflict, feeding our ego personality to the spiritual aspiration to understand, to build relations, harmony and live in peace with our fellow man. This is to lift up into the light of greater understanding. We have moved from a separative individual consciousness toward unified group consciousness.

*"Hast thou attuned thyself to the suffering of humanity, O candidate for light"*

**The Voice of the Silence, HP Blavatsky**

By understanding that anger serves to give us valuable information, we move toward personality integration and become consciously aware of anger's powerful role in propelling our spiritual development forward by revealing the aspects of our personality that need healing.

It serves as a mirror that reveals valuable opportunities for spiritual growth and learning and acts as a catalyst to the powerful integration and coordination of our lower vehicles to become a more effective channel for the energies of our Soul. We come to understand that its fire energy is an energy that enables transformation.

*"The more thou dost advance, the more thy feet pitfalls will meet.*

*The Path that leadeth on is lighted by one fire - the light of daring burning in the heart. The more one dares, the more he shall obtain.*

*The more he fears, the more that light shall pale"*

***The Voice of the Silence, HP Blavatsky***

These wise words from the Voice of the Silence remind us that it takes courage to change, to look at our emotional responses. Courage is a wonderful attribute of the Buddhist nature that is not an absence of fear, but rather doing what is right despite our fears and doubts.

By having the courage to 'own' our angry response and not blame another for making us angry, we are given the opportunity to transmute this lower vibrational energy response of the solar plexus to the higher energies of love in the heart chakra through the insight and understanding of our Higher Self as expressed through our higher mind. We come to view the situation with greater understanding, compassion, acceptance, eventually forgiveness for all parties including ourselves. This allows us to return to an open-hearted state of love. Through tapping into the good will, or will to good as an inherent quality of our heart chakra we are able to express love in action.

This love is unconditional as it completely accepts the situation and other person as they are and lifts us up into understanding, or standing under a greater truth about what happened to evoke our anger.

This understanding is only possible when we view the emotional drama from the perspective of the silent observer in our higher mind and can retain this polarisation in our Higher Self-awareness.

This is how we slay the slayer and return to what is real. A return to Love is a return to our truth and an expression of our true Buddhist nature.

Often this is the focus of the spiritual work undertaken after the first and in preparation for the second initiation as we walk our unique Soul path.





To transcend your own habits of anger brings forth the Soul qualities of truth, beauty and goodness to shine out into the world making a difference to every heart we touch. When enough people in the world are able to live in this way at this level of consciousness we will have an end to human conflict and be able to build a world in which we live in peace and harmony.

"Do not be afraid of your difficulties. Do not wish you could be in other circumstances than you are. For when you have made the best of an adversity, it becomes the stepping stone to a splendid opportunity"

**HP Blavatsky**

Let me explore a deeper understanding of Anger.

If we accept that anger is always a sign that something within us is out of balance, out of harmony. We feel angry when someone's words or behaviour are out of alignment with our most deeply held beliefs, values, ideas and ideals and this triggers a strong emotional response.

We often have a strong attachment to these beliefs, values, ideas and ideals that reside deep in our unconscious mind. They have developed over a life time, from our cultural, family, religious, and psychological experiences of life especially from the age of birth to seven years and define who we are and what we stand for, our identity.

This is the basis of the quotation by Aristotle;

*"Give me a child until he is seven and I will show you the man."*

**Aristotle**

The more we are attached to these beliefs the stronger our emotional reaction when they are challenged.



Anger arises as an expression of fear, a self-defence mechanism that protects our identity and sense of self. This is especially powerful in the majority of humanity that are centred in their astral desire nature.

As we have explored, anger arises from fear, it is ultimately an expression of fear and the strong feelings evoked are because it touches the deepest fear we have of disconnection, from our Self, from those we care about or a group or ideology we identify with.

Through an in depth study of a Course in Miracles on the teachings of the Christ consciousness, we come to understand that Love pervades our Universe, it is our essential nature and there is nothing it cannot heal.

We come to understand that Love is connection and Fear is simply an absence of love, a feeling of disconnection from love, from God, from our true Self. In love we experience trust, hope, courage, compassion, and build relations either within ourselves, or with others. We feel safe in this connection.

Fear is the temporary loss of this feeling of safety and security and we mistakenly believe we have been disconnected from our essence, from our life force energy, from life itself.

The Course teaches us that love and fear cannot co-exist, we are either 'in love' or 'in fear' and that fear is ultimately an illusion of our mind we must come to understand and redeem through forgiveness and in doing so return to a state of love, the natural state of our Soul. To return to love is to return to our Soul perspective in the situation or drama that your personality is experiencing in any given moment. This takes many lifetimes to master.

"People keep repeating that the main things are love and compassion. Certainly love and compassion are the main things, but it takes knowledge to make love and compassion fruitful....It takes just a second to say 'love'.  
But to acquire knowledge for the well-being and blessing  
of humanity requires an eternity"

**HP Blavatsky**

A beautiful illustration of the power of love can be found in watching the film "Mission Joy" or reading "The Book of Joy" by Douglas Abrahms in which the late Sir Desmond Tutu and the Dalai Lama, two soul infused characters who share a heart-felt friendship of love spend a week together unravelling the key to living from a place of Joy. Despite their completely different ideologies these two men both agree that Joy is a choice we make from an open heart that seeks to see the commonality between us and transcend the differences through love.

They teach us that ultimately Joy is a quality of the human heart that cannot be sought, but arises when we help others and that it is only suffering that makes the experience of joy possible. It is wonderful to witness the childlike joy that emanates from these two friends and to experience the love and compassion they share for each other. Both of these men have transformed their anger into love and the capacity for joy through forgiveness and in doing so they show us the power of this process.

Desmond Tutu mastered his anger despite the atrocities revealed by Apartheid and the Reconciliation tribunals in South Africa and the Dalai Lama feels no anger toward the Chinese despite his exile from his country and the treatment of his Tibetan people.



The heart is where our intention arises and it is only a heart attuned to the good, the true and the beautiful that has the courage to transcend such powerful anger.

Both men spoke of the power of mindfulness and thinking in the heart. When we are mindful and in the present moment we are completely Self-aware, centred in our Soul. This enables us to observe the emotion of anger as it bubbles up inside of us and choose to wait to respond, shift the angry energy if needed and then have the courage to delve into the insights or information it was presenting for our attention.

When mindful and present in this way, we are not operating from the fears and doubts that come from our past, from our unconscious mind, or projecting these into the future as worries and anxieties, we are simply being conscious or present to the emotion of Anger. We let it flow, knowing it has some information that we need to grow and learn spiritually and recognising that life is allowing the light of consciousness to shine a torch into our unconscious mind and reveal the change in our understanding or perception that is needed.

When we are not mindful and aware but caught up in our thoughts, and the inevitable analysis of our lower mind then we allow our unconscious mind to determine our response to the situation and this will often be the default response of our child personality self, defending our ego or view of ourselves. As our thoughts and feelings escalate our anger builds, the stress response hormones take over our body and we are engulfed in the flames of anger and lose any capacity of our Higher mind to discern wisely the truth of the situation.

But if we pause and detach from the emotions and work through the understanding we have the potential to heal our emotional triggers for good, we change our mind and this changes our behaviour. In time we redeem all that is unresolved within us and anger is no longer an emotion that we experience very often, if at all. Instead of anger being our default response to a challenge, compassion becomes our natural way of being and responding.

This ability to stand in the light of your Higher mind is what Christ taught us when he said *"I am the light of the world"*, light is the dawning, insight or understanding of greater truths as you transcend the cage of your lower mind and lower emotional desire nature.

*"Then you will know truth, and the truth will set you free"*

**John 32:8**

If however we choose to deny and push the anger away, our Soul will simply engineer situations in life to bring it to our attention time and time again until we have the courage to look at it.

That is why we see repeating patterns and scenario's that evoke our anger. Holding onto anger in this way is detrimental to our physical, emotional, mental and spiritual health and well-being as it blocks our life force energy and generates great resentment that harms our relations with others. Remember Anger can be red hot and fiery, explosive and powerful in its expression, but equally it can be cold, blue and calculating, and expressed passively.

*"Holding onto Anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one that gets burned"*

**Buddha**

So in conclusion I hope that this talk has given you some insight into Anger and its role in propelling us along our spiritual path of growth and transformation. I trust that you will be inspired to change the way you see and work with your own Anger and see hope for a reduction in the conflict inherent in human relations worldwide as we gain greater Soul contact and come to see anger as simply information.

Anger is one of those topics that we tend to avoid in Theosophical talks and discussions, yet it provides us with the perfect opportunity to apply our knowledge and extract great wisdom when we do so. A greater understanding of Anger healed from within outwards is paramount to resolving conflict and developing right human relations and our conscious evolution as a collective human family.



*"To act and act wisely when the time for action comes, to wait and wait patiently when it is time for repose, put man in accord with the rising and falling tides (of affairs). So that with nature and law at his back, and truth and beneficence as his beacon light, he may accomplish wonders. Ignorance of this law results in periods of unreasoning enthusiasm on the one hand, and depression on the other. Man thus becomes the victim of the tides when he should be their Master"*

**HP Blavatsky**



Namaste Teresa

\*The Magic of Makarasana, the Yoga posture that will Transform your Life by Teresa Keast is available on Smashwords, Amazon, Googleplay, Apple Books, Scribd, Kobo, Overdrive, Gardners and Barnes and Noble.

## BIOGRAPHICAL DETAILS



Teresa studied the Ancient Wisdom teachings through the School of Practical Philosophy, Vedic scriptures, and Buddhist teachings in New Zealand and Australia before coming to Theosophy through the UK Theosophical Society and Lucis Trust over 15 years ago.

She is a regular Speaker Nationally, Writer, Yoga and Meditation teacher, Therapist and single mum of four with a heartfelt desire to bring these teachings alive through their practical application in living and understanding a spiritual life of service.